

Reaching for your Personal Success (Best)

Developing our Personal Goals helps us achieve our personal success ...

Introduction:

Every individual that I have ever met has goals, dreams, and hopes for success. These goals are set in motion at an early age when we talk of being a firefighter, police officer, etc. They continue as we progress at home learning that doing chores around the house results in getting an allowance (getting your chores done before Friday when you get your allowance was the goal), the goal of getting a driver's license, getting married, buying that first home, etc.

However, there are a lot of times that people don't have a plan to accomplish the goals they have set or are not able to establish a plan for success. This workbook is designed to challenge you to develop goals and plans for success. Like, our friend above what is the goal you must ring the bell or just hit the button on the bottom.

An adage that I heard a long time ago, and continue to hear is "You either Plan for Success, or you Plan to Fail"

Defining the words:

- The word **GOAL**: is a noun ... "the result or achievement toward which effort is directed; aim; end"¹
 - Ben Stein is quoted as saying ... "The indispensable first step to getting the things you want out of life is this: decide what you want."²
- The word **SUCCESS**: is a noun ... The achievement of something desired, planned, or attempted:³
 - William Shakespeare wrote concerning success: "To climb steep hills requires slow pace at first."⁴

¹ Dictionary.com Unabridged (v 1.1) based on the Random House Unabridged Dictionary, © Random House, Inc. 2006. <http://dictionary.reference.com/browse/goal>

² <http://www.myfamousquotes.com/?tid=194>

³ The American Heritage® Dictionary of the English Language, Fourth Edition, Copyright © 2006 by Houghton Mifflin Company. Published by Houghton Mifflin Company. All rights reserved. <http://dictionary.reference.com/browse/success>

⁴ <http://www.myfamousquotes.com/?tid=533>

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One recommended way of developing goals is “THINKING SMART”:

- “The SMART acronym itself has several different variations depending on who you ask. However, I think it is useful to look at all of them because it provides a well-rounded goal statement.
 - o S ... Specific & Significant
 - o M ... Measurable, motivational, methodical & meaningful
 - o A ... Action-oriented & achievable
 - o R ... Realistic & relevant
 - o T ... Time-bound & tangible”⁵

1st and foremost important challenge in setting any goal is identifying:

“What is my ultimate goal?” ...

- What do I want to accomplish in my life, and how am I going to reach this goal?

Retired General Norman Schwarzkopf of Operation Desert Storm is quoted as saying about his view of reaching personal goals “*always aimed high, my sights were always set very high, I always dreamed high*”.⁶

A person striving for success in my own life, and someone that wants to accomplish every goal I set I like what Tiger Woods says about goals:

*“There’s nothing wrong with having your goals really high and trying to achieve them. That’s the fun part. You may come up short. I’ve come up short on a lot on my goals, but it’s always fun to try and achieve them.”*⁷

Identify your goals:

- Goals are generally divided into five distinct categories:

⁵ Copyright © 2004-2008 by Rodger Constandse,
<http://www.timethoughts.com/goalsetting/smart-goals.htm>

⁶ <http://www.quotemonk.com/quotes/goal-quotes.htm>

⁷ <http://www.quotemonk.com/quotes/goal-quotes.htm>

- o **One,** Goals in which to accomplish with a very short period:
- o **Two,** Goals to accomplish over the next few weeks.
- o **Three,** Goals to accomplish over the next year
- o **Four,** Goals to accomplish over the next five years
- o **Five,** Goals to accomplish over the remainder of my life.

Your challenge is to establish clear defining goals for each period of time. Please keep in mind that one goal may support the next goal. For example, the goal of completing a semester of college will support a longer-term goal of completing a Bachelor's degree.

- List five goals in which you plan to accomplish with a very short period, within the next 24 to 48 hours:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

- List five goals in which you plan to accomplish over the next few weeks or months.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

- List five goals in which you plan to accomplish over the next year.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

- List five goals in which you plan to accomplish over the next five years.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Projected Date:

Future goals to accomplish WITHIN THE NEXT YEAR:
Goal:
Projected Date:

Future goals to accomplish OVERALL
Goal:
Projected Date:

The Failure Option:

Sadly, many over the look the Goals for Success, and focus on the Failure Option:

You may be asking yourself what the failure option is, it simply not trying to accomplish the goal of giving up to early. Most folks that allow the Failure Option to take hold in their life do it because of three or maybe four different reasons. Identify which of the following may apply to you when you apply the Failure Option!

1. Tried the first time at something and was not able to do so did not go back and try again.
 - ☐ Can you name something you tried and did not succeed at so never tried it again?

2. Saw someone else do what you wanted to accomplish and believe they did it better than you could, so you did not try.
 - ☐ Identify a person that was successful at something you thought about doing, so you did not try to accomplish your own personal goal.

3. Listen to others telling me I can do something
- ☐ Can you name a specific time someone told you that you could not do something, and you proceeded to give up, took the failure option?